THE PULSE

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MISS EFFIE M. WINGER

The subject of this interview promised one of the editors of the PULSE to give the reporter complete cooperation. That promise, no doubt, was well intended but any future interview should take place in an office with no door and without Mr. Bell's famous invention.

Usually the orthodox procedure is to get the person interviewed born. That is the way we proceeded. "You were born where?" "I was born in Cleveland, Ohio and — 'Miss Winger speaking, I want two racks of lamb delivered to Palmer tomorrow, also five for Deaconess' — Oh yes, where was I? . . . At an early age my family and I moved to Warsaw — 'Miss Winger speaking, Yes, I will come right down and look at it'."

"But Miss Winger, Warsaw where?"

"Warsaw, New York," said the short, dark-haired person in white whipping out the door.

From here on the slightly bewildered reporter decided that any orthodox procedure of interviewing was out and the following information has been obtained by devious methods which we hope are not liable to suit.

Miss Winger apparently was not beset by any conflicts as to choice of profession. She wanted to be a dietitian. At that time, the subject of dietetics was about as strange as atomic research is today. Nevertheless, Miss Winger entered Rochester Technical Institute and from there went to Columbia for her degree. After graduation, she returned to Rochester (near Warsaw) to start her career as a dietitian.

About this time, The Cottage Hospital of Santa Barbara, California wanted a dietitian, so Miss Winger accepted their offer and went West to spend two interesting and valuable years. From there she went to the Swedish Hospital in Seattle, Washington.

After a year in Seattle, Winger père wrote his daughter that if she could make good three thousand miles from home he was sure she could survive in her home state. So Miss Winger returned to Rochester (near Warsaw) and became Chief Administrative Dietitian of the Rochester General Hospital — a position she held for over twenty years. Miss Winger established the first hospital pay cafeteria in New York State at the Rochester General. She was also one of the founders of the local dietetic association and helped organize the New York Dietetic Association. She is a member of the American Dietetic Association and is now a member of the House of Delegates. While in Rochester, she did graduate study at the University of Rochester Medical School.

On a hot September day in 1945 a New York train pulled into South Station. Miss Winger alighted and was driven to a Riverway address. After inspecting the apartment, opening the windows. and casting a cursory glance at the packed crates, she plodded down to Sears Roebucks, collected a mop and sundry cleaning articles, returned to the Riverway, and settled in.

On September 17, 1945, she became Chief Dietitian at the New England Deaconess Hospital. Her responsibilities include purchasing food and dietary supplies and equipment, supervising the serving of 1,600 to 1,700 meals a day, and administering a cost accounting system with accurate records of all expenses. Fortunately, in addition to experience and ability, she has a good sense of humor, or she could never survive the life of an administrative dietitian.

The previous jaunts to California and Seattle bred a travel bug in Miss Winger's blood. She is at home ensconced on the Queen Mary, relaxed in a Constellation, or riding a mule in a National Park. We know she is a golf enthusiast, but we do not know if she can break 100. She is an opera fan and is collecting records.

On the other hand, like all of us, Miss Winger has certain peculiar foibles. She is what we New Englanders call a "saver." She saves old letters, pamphlets, clothes. She just saves. She never throws anything away. Another peculiarity — after coping with diets and menus for years, she will invariably say at the close of the day, "I think I will have dinner at home tonight. WHAT SHALL I HAVE . . . "

MARJORIE M. LEBEAU.

HONORS FOR MRS. GRANT

Honors continue to pile up for Mrs. Alexander G. Grant, who has served the Deaconess so faithfully for more than twenty-seven years. At the Fiftieth Annual Convention of the American Hospital Association, which is being held this week in Atlantic City, Mrs. Grant will be admitted to honorary membership in the Association. She was nominated by Dr. Cook for this recognition and is among fifty from all over the country who will be so honored for their contributions of volunteer service and financial aid for humanitarian needs. Mrs. Grant has served as President of the Friends of the Deaconess and as trustee of the hospital. We are proud of Mrs. Grant and her affiliation with us.

SANITATION COURSE STARTS

A special training course in sanitation for food handlers is being conducted by Miss Berta George for employees in the cafeteria. The course consists of informal fifteen-minute meetings held once a week during working hours and will probably extend over a period of seven weeks. To facilitate discussion, the cafeteria workers have been divided into three smaller groups of eight to ten each.

The purpose of the course is to explain some of the ways in which disease may be spread through food and by those who handle and serve it. Methods of guarding against the spread of disease will be discussed, bacteria cultures will be examined, and films on food sanitation will be shown. Certificates indicating attendance will be given to all who successfully complete the course.

At present the Brookline Health Department is giving a similar course to all food handlers and the Boston Lying-In Hospital also conducts a sanitation course for their dietary employees. The importance of training courses is being more widely recognized. We are proud that the Deaconess is among the first to offer such a program.

SUGGESTION AWARD

An award of $5 was made to Edward Lyons, Palmer Housekeeping, for his suggestion to construct a new mattress carrier. This was made according to his plan by the Maintenance Department and it is now possible for only

one man, rather than two, to move mattresses quickly and easily throughout the hospital. Congratulations, Mr. Lyons!

HOSPITAL AIDES

September first was the starting date for the first class of hospital aides. You probably have seen them around already in their brown uniforms and white aprons, as they went onto the floors on the seventh. The class consists of the following:

Ruth M. Baker
Eileen S. Benthale
Marjorie Brock
Alice Freedman
Margaret C. Grubis
Norma Howland
Agnes E. Keller
Jeanette C. Miller
Alma C. Miskell
Madeline F. Pelkey
Edith J. Riggins
Nora C. Sullivan
Marion J. Whitney

They have completed their two weeks of basic instruction — 20 hours of instruction and 60 hours of ward duty. This consisted of ethics, orientation, understanding of precautions, hand washing, bed making, baths, mouth care, morning and evening care, serving trays, feeding patients, bedpan routine, and care of equipment. The group has now started four weeks of clinical practice. The last two weeks of the eight-week course is set up as the first two with a review of the original instruction; getting the patient up in a chair; admission, discharge, and transfer of the patient; application of binders; cleansing enemas; and temperature, pulse and respiration.

As a sign of successful completion of the course, the Aides will receive caps. Good luck to each and every one — such service is of great value to the hospital and the community.

LOST AND FOUND

Found in Palmer — a white plastic earring — now in the Personnel Office awaiting identification.

TRANSFERS

Mrs. Winnifred Murray, formerly of the Laundry, has been transferred to the Palmer elevator.

Miss Margaret I. W. Hermiston, who was a vacation substitute at the Baker Information Desk for two weeks, is now helping in the Admitting Office. Miss Hermiston is a friend of long standing of the Deaconess Hospital and was a Methodist missionary in India for many years.

Mrs. Julia Howard has transferred from Harris Hall Housekeeping to the Laundry.

ODDS AND ENDS

Now here's a new twist to the blood transfusion situation. One of our patients writes that, since nurses were always coming around taking large quantities of blood from him into big tubes, he does not feel he should be expected to pay for the transfusions that were given to him. After all, they didn't let him keep the blood!

In the July issue of *Hospitals,* there is an article that tells of the practice in some Australian hospitals of charging visitors the equivalent of 12 cents. The Australians have found that this admission fee cuts down on the number of visitors and helps pay a part of their expense, such as extra desk clerks, depreciation of furniture and rugs, and so forth.

GLAD TO SEE YOU!

On September 10, the following 47 girls entered the School of Nursing as the class of 1951 Juniors. We welcome them to the hospital, and wish them all good luck in their training here.

Esther Albright
Eleanor Anderson
Renate Beer
Elaine Bell
Patricia Black
Mildred Boates
Barbara Clarke
Phyllis Coggeshall
Priscilla Cole
Nancy Dodge
Dorothy Donald
Phyllis Flanders
Sylvia Fletcher
Helen Frizzell
Christina Gallerani
Ruth Gardiner
Susan Gay
Barbara Goss
Evelyn Hallinan
Wilma Henderson
Mary Herring
Jacquelyn Holmes
Carolyn Jones
Dorothy Kearney
Marion Kulmala
Ina Lemke
Erna Lombard
Jean Ludgate
Jeanette Ludgate
Marion Mahoney
Lois Milligan
Joan Morison
Lucille Newbert
Marjorie Pope
Virginia Reid
Margaret Saul
Janet Small
Elizabeth Suhm
Betty Taylor
Ruth Taylor
Mary Thomas
Joan Trescott
Phyllis Walker
Lois Wanamaker
Sarah Weeks
Edith Worcester
Daureen Wrest

Our welcome, too, to the following full-time permanent employees who began work in August:

Blood Bank
Virginia Martin
Chemistry Laboratory
Anna Voulgaropoulos
Dietary
Mary Pope
Margaret Thomas
Owen McNicholas
Nursing
Thelma Lane
Dorothy Coles
Ethel McConachie
X-ray
Edith Mackall
Emily Vacarella
Surgery
Nellie Vanidestine
Arthur Marcinkowski
Pharmacy
Edward Ganley

BLOOD BANK

The engagement is announced of Miss Winnifred Darling to Mr. Vincent S. MacDonald of Concord, New Hampshire.

Welcome to Mrs. Virginia Martin to the nursing staff in the Blood Bank. Mrs. Martin replaces Mrs. Pearl Burford, who has resigned.

Vacationing are Dr. Kenton, who is having a month in Maine, and Miss Virginia Hunt, who is spending a few weeks at Lake Winnipesaukee, New Hampshire.

Miss Beverly Nelson, who has served as summer relief technician, will start her senior year at Simmons on the twenty-seventh of September, but will continue to work on clinic nights and weekends.

HOUSEKEEPING

Housekeepers Mrs. Hazel Gormley and Mrs. Ann Doody have returned from pleasant vacations — Mrs. Gormley's in Plum Cove Beach, Lanesville, Gloucester — Mrs. Doody's in Burlington, Vermont.

Pat Cook has been a patient in Deaconess for a few days — a speedy recovery to you, Pat!

MAINTENANCE

It's good to see Mrs. Theodore Sack (Bonnibel Beard) back after a brief illness looking like herself once more. The vacation season is about over. Mr. Sabine and Mr. Warren Smith look hale and hearty after their sojourns in New Hampshire. Mr. John Curtis spent an enjoyable time helping his grandson haul in big lake bass in Canada. Mr. Timothy Casey enjoyed spending a month at York Beach, Maine.

NURSING

June may be the month of romance everywhere else, but at Deaconess the month of August claims that distinction. Three of our nurses are proudly displaying their sparkling rings—Barbara Broadbent, Betty Purinton, and Ruth Fellows. Betty and Ruth plan to be married on October second, but Barbara is going to wait until next year. In addition to the engagements, there was also a marriage — Helen Welch became Mrs. Tetreault on September fourth. Everyone who was able to attend her wedding reception at the Hotel Vendome had a good time.

The enthusiastic horseback riders at Kent Street apparently are all out for sports because they are also planning to enter the swimming classes at the Y very shortly.

Have you noticed that many of the nurses' uniforms are longer, while the hair lengths are shorter?

Not only the Nursing Department, but the whole hospital gladly welcomes those proud new graduates — Betty Thompson, Anne Borek, and Rosemary Bryne — to general duty. We are always more than pleased to have our own students stay with us after graduation, as there are many opportunities for them.

PHARMACY

During August, Leona Nardi, formerly of the Apothecary, now of the Pharmacy Office, was married to Mr. Richard Lawrence Nims. They are living on Beacon Hill. Congratulations and good luck to you both!

Greetings and welcome to Edward Ganley, the latest addition to Pharmacy personnel. He is interested in hospital administration, but wants some practical experience first.

Thomas Dailey, who has been employed as assistant in the laboratory for a number of years is leaving to work in a semi-professional pharmacy in greater Boston for the sake of additional experience not offered in hospital pharmacies. We will all miss Tommy with his ever-smiling, pleasant personality. Good luck — we hope to have you with us again.

RECORD ROOMS

The Record Rooms are showing assorted shades of tan these days, as one by one people are returning from their vacations. Mrs. May spent her time in Maine visiting with her family and friends. Kay Leary and Olga Yaruth must have been on the beach nearly every day — and Dorene Thompson developed a nice brown tint in two weeks at West Dennis. Miss Needham and Kay Shirley spent one day with her, and lived through the remaining hot days of that week in August in a strictly envious state of mind. Mrs. Barbara Welwood with her husband and two sons, spent two happy weeks at York Beach, Maine. Norma Whited spent her time at home in Maine and Kay Shirley is in the White Mountains. She had a brief vacation earlier in the summer when she flew to Cleveland as a delegate to the convention of the national music sorority of which she is a member. On her birthday last month, Miss Evelyn Wilson was given a surprise party. She reports that she had a fine vacation in Greenville, Maine. Helen Chrusz is spending a week in Canada.

SOCIAL SERVICE

Betty Downey writes that she has recently had an appendectomy, but is now feeling fine. In her letter she asks to be remembered to all her friends at the Deaconess.

Miss Maude Maher, of the OPD, who is now on vacation, has lately been instructing a doctor from Cuba on some of the finer points in the use of radium.

Vacations — they're wonderful! Back at work are two well-browned sun-worshippers — Gladys Harrison and Ruth Sherman. Gladys has been resting and acquiring a beautiful tan. Miss Sherman spent part of her time in Canada and returned with tantalizing tales of the wonderful food she has been having — including desserts with whipped cream THAT HIGH!

SURGERY

Miss Florence Brown returned from a vacation of traveling. She and two friends took a windjammer cruise in and about the waters of Maine. They also drove to Montreal and then back through Maine, New Hampshire, and Vermont — visiting all the scenic spots in the northern section of New England!

A combination "farewell party" for Mary Romano and a belated wedding shower for Marilyn Sawyer Morse and Madelyn Lawrence Celander was held at Kent Street a few weeks ago. Everyone was glad to see "Lynn" again and sorry to say goodbye to Mary, who is going to take a course in Operating Room Technique at Doctors' Hospital in New York. Happily for us — Madelyn is remaining on the staff.

Everyone was pleased that Mrs. Leslie Sannan has returned to Palmer after a speedy recovery from a recent operation.

Mrs. Priscilla Ricker, former O.R. nurse, proudly reports the arrival to the Ricker family of a 9-pound boy on August nineteenth.

Added to the staff are two newcomers — Miss Bernice Starns from the Roosevelt Hospital in New York, and Miss Alma E. Brien from the Massachusetts General Hospital.

If you should see anyone painfully moving down the corridors, then you will know that it is one of the several nurses who have recently gone in for horseback riding. The enthusiasm for this form of recreation has practically swept the operating rooms and Kent Street. It is a great sport, but — a little hard on muscles otherwise never used.

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